

Statistics Report 14091, Beverages, almond milk, unsweetened, shelf stable

Report Date: December 03, 2015 17:47 EST

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water ¹	g	97.05	--	0.029	97	97.1	3.0	96.958	97.142	1	Analytical or derived from analytical	--	03/2015
Energy	kcal	15	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2015
Energy	kJ	61	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2015
Protein ¹	g	0.59	--	0.013	0.57	0.63	3.0	0.545	0.63	1	Analytical or derived from analytical	--	03/2015
Total lipid (fat) ¹	g	1.10	--	0.000	1.1	1.1	--	--	--	1	Analytical or derived from analytical	--	03/2015
Ash ¹	g	0.68	--	0.030	0.64	0.77	3.0	0.584	0.776	1	Analytical or derived from analytical	--	03/2015
Carbohydrate, by difference	g	0.58	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2015
Fiber, total dietary ¹	g	0.0	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2015
Sugars, total ¹	g	0.00	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Sucrose 1	g	0.00	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2015
Glucose (dextrose) 1	g	0.00	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2015
Fructose 1	g	0.00	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2015
Lactose 1	g	0.00	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2015
Maltose 1	g	0.00	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2015
Galactose 1	g	0.00	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2015
Minerals													
Calcium, Ca 1	mg	197	--	5.809	181	208	3.0	178.012	214.988	1	Analytical or derived from analytical	--	03/2015
Iron, Fe 1	mg	0.35	--	0.006	0.34	0.37	3.0	0.331	0.368	1	Analytical or derived from analytical	--	03/2015
Magnesium, Mg 1	mg	7	--	0.186	6	7	3.0	5.961	7.144	1	Analytical or derived from analytical	--	03/2015
Phosphorus, P 1	mg	10	--	0.167	10	11	3.0	9.86	10.92	1	Analytical or derived from analytical	--	03/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Potassium, K ¹	mg	67	--	0.766	66	69	3.0	64.886	69.764	1	Analytical or derived from analytical	--	03/2015
Sodium, Na ¹	mg	71	--	0.533	70	72	3.0	69.353	72.746	1	Analytical or derived from analytical	--	03/2015
Zinc, Zn ¹	mg	0.07	--	0.018	0.03	0.11	3.0	0.011	0.125	1	Analytical or derived from analytical	--	03/2015
Copper, Cu ¹	mg	0.029	--	0.008	0.02	0.05	3.0	0.004	0.055	1	Analytical or derived from analytical	--	03/2015
Manganese, Mn ¹	mg	0.042	--	0.002	0.04	0.05	3.0	0.036	0.047	1	Analytical or derived from analytical	--	03/2015
Selenium, Se ¹	µg	0.2	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2015
Vitamins													
Vitamin C, total ascorbic acid	mg	0.0	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	06/2015
Thiamin ¹	mg	0.060	--	--	0.06	0.06	--	--	--	1	Analytical or derived from analytical	--	03/2015
Riboflavin ¹	mg	0.047	--	--	0.02	0.08	1.0	--	--	1	Analytical or derived from analytical	--	03/2015

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Niacin 1	mg	0.075	--	--	0.07	0.08	1.0	--	--	1	Analytical or derived from analytical	--	03/2015
Pantothenic acid 1	mg	0.030	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2015
Vitamin B-6 1	mg	0.015	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2015
Folate, total 1	μg	1	--	--	1	1	--	--	--	1	Analytical or derived from analytical	--	03/2015
Folic acid	μg	0	--	--	--	--	--	--	--	--	Assumed zero	--	03/2015
Folate, food	μg	1	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2015
Folate, DFE	μg	1	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2015
Choline, total	mg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	03/2015
Vitamin B-12 1	μg	0.00	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2015
Vitamin B-12, added	μg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	03/2015
Vitamin A, RAE	μg	43	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2015
Retinol 1	μg	43	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2015
Carotene, beta	μg	0	--	--	--	--	--	--	--	--	Assumed zero	--	03/2015

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Carotene, alpha	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	03/2015
Cryptoxanthin, beta	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	03/2015
Vitamin A, IU	IU	142	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2015
Lycopene	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	03/2015
Lutein + zeaxanthin	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	03/2015
Vitamin E (alpha-tocopherol)	mg	2.81	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	03/2015
Vitamin E, added	mg	2.81	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2015
Vitamin D (D2 + D3)	µg	1.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2015
Vitamin D3 (cholecalciferol)	µg	1.0	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	03/2015
Vitamin D	IU	42	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	03/2015
Vitamin K (phylloquinone)	µg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	03/2015
Lipids													
Fatty acids, total saturated	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	03/2015
4:0	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	03/2015
6:0	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	03/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
8:0	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	03/2015
10:0	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	03/2015
12:0	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	03/2015
14:0	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	03/2015
16:0	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	03/2015
18:0	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	03/2015
Fatty acids, total monounsaturated	g	0.708	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2015
16:1 undifferentiated	g	0.006	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2015
18:1 undifferentiated	g	0.702	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2015
20:1	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	03/2015
22:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	03/2015
Fatty acids, total polyunsaturated	g	0.236	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2015
18:2 undifferentiated	g	0.236	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2015
18:3 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2015
18:4	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	03/2015
20:2 n-6 c,c	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2015
20:4 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	03/2015
20:5 n-3 (EPA)	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	03/2015
22:5 n-3 (DPA)	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	03/2015

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22:6 n-3 (DHA)	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	03/2015
Cholesterol	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	03/2015
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	03/2015
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	03/2015
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	03/2015

Sources of Data

¹Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 18e, 2014 Beltsville MD